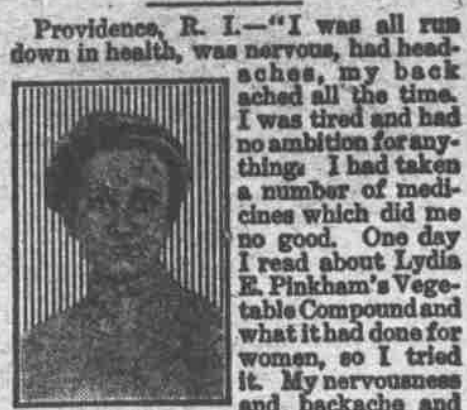


HOW TO AVOID BACKACHE AND NERVOUSNESS

Told by Mrs. Lynch From Own Experience.



Providence, R. I.—"I was all run down in health, was nervous, had headaches, my back ached all the time. I was tired and had no ambition for anything. I had taken a number of medicines which did me no good. One day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for women, so I tried it. My nervousness and backache and headaches disappeared. I gained in weight and feel fine, so I can honestly recommend Lydia E. Pinkham's Vegetable Compound to any woman who is suffering as I was."—Mrs. ADELIN B. LYNCH, 100 Plain St., Providence, R. I.

Backache and nervousness are symptoms of nature's warnings, which indicate a functional disturbance or an unhealthy condition which often develops into a more serious ailment.

Women in this condition should not continue to drag along without help, but profit by Mrs. Lynch's experience, and try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound—and for special advice write to Lydia E. Pinkham Med. Co., Lynn, Mass.



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Simple Method Which is Credited to the Invention of German Men of Science.

There is a new way of diagnosing heart disease. It was discovered in Germany and is based upon the principle that extremely slight motion in the air will form similar changes in a burning flame.

Two small smoking gas flames are used, and around these is twined a wide paper tape. The flames cause bands of soot to appear upon the surface of the tape.

Over the heart of the patient an instrument somewhat similar to a telephone transmitter is placed. This transmitter has a very sensitive diaphragm. Its vibrations are duplicated by the diaphragm and transmitted by a tube to a gas chamber through which passes the gas for one of the flames.

The slight flammings of the gas in response to the various vibrations result in characteristic rings of smoke on the paper tape. From these abnormalities in the heart-beat can be read. Time is recorded by the second flame, influenced similarly by vibrations from a tuning fork. The smoke rings vary in shape and position according to the character of vibration causing them, and so help to simplify the diagnosis.

Past Understanding.

"Do you understand the European situation?"

"No," replied Senator Sorghum. "I am inclined to think that if it could have been brought to a point where human understanding could grasp it, the fight would have been unnecessary."

Making Good.

"The hen is a poet." "How do you make that out?" "Doesn't she annually put forth an Easter lay?"

Back Lame and Achy?

There's little peace when your kidneys are weak and while at first there may be nothing more serious than dull backache, sharp, stabbing pains, headaches, dizzy spells and kidney irregularities, you must act quickly to avoid the more serious trouble, dropsy, gravel, heart disease, Bright's disease. Use Doan's Kidney Pills, the remedy that is so warmly recommended everywhere by grateful users.

A Missouri Case

"Every Picture Tells a Story" H. P. Jensen, baker, 2018 E. Twentieth St., Kansas City, Mo., says: "I suffered from kidney trouble for years and it grew so bad I couldn't get out of bed. My back was weak and very painful. It seemed as if there was a weight pressing down on my kidneys. I lost weight and always felt tired and run down. Doan's Kidney Pills fixed me up in good shape and soon had me feeling fine."

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PATENTS

SUNDAY SCHOOL LESSON

(By REV. P. B. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago.)
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LESSON FOR APRIL 28

JESUS REBUKES SELFISHNESS.

LESSON TEXT—Mark 9:30-32.

GOLDEN TEXT—If any man desire to be first, the same shall be last of all, and servant of all.—Mark 9:35.

DEVOTIONAL READING—I Corinthians 12.
ADDITIONAL MATERIAL FOR TEACHERS—Matthew 5:41-48; 10:24-25; Luke 22:24-27.

PRIMARY AND JUNIOR LESSON MATERIAL—Mark 9:30-37.

PRIMARY MEMORY VERSE—Be kind one to another.—Ephesians 4:32.

JUNIOR MEMORY VERSE—I John 4:11.

I. The Stupidity of Selfishness. (vv. 30-32). Jesus with his disciples is on his way to Capernaum for the last time. He is soon to leave for Jerusalem, where he is to die on the cruel cross for the world's sins. He still seeks the way of retirement in order to be alone with his disciples, his object being to lead them into the apprehension of the meaning of the cross. The teaching which was interrupted at Caesarea by Peter's rebuke is now resumed, and with definiteness he declares the future event as already present.

1. "The Son of Man is delivered into the hands of men."

2. "They shall kill him."

3. "He shall rise the third day."

While pressing upon them continuously the fact and necessity of the cross, he never failed to show them the bright side—his triumphant victory over death in the resurrection. The hearts of the disciples were so steeped in selfishness that they failed to understand his teachings. If the disciples had more definitely attended to his teaching concerning the cross, they would have been better prepared for the hour of temptation which was so soon to overtake them.

II. The Wrangling of Selfishness. (vv. 33-37).

1. The searching question (v. 33). The omniscient Christ knew the secrets of their hearts. The fact that the disciples were wrangling about official position while the Lord was facing humiliation and death for them and the whole world, shows how completely the Lord was alone in his sorrow.

2. The silent disciples (v. 34).

They were ashamed in his presence, because the selfishness of their hearts was revealed. To realize the presence of the Lord would shame us of much of our selfishness.

3. The stinging rebuke (vv. 35-37).

"If any man desire to be first, the same shall be last of all, and servant of all." The greatest among men are those who are willing to take the lowest place and serve others. This truth he enforced in a concrete way by placing a child in their midst. This child was an illustration of dependence and ignorance. By example and word he shows that true greatness is expressed by willingness to aid the weak, to instruct the ignorant and to serve those in need. All such render service not merely to those in need, but unto Christ and God. True greatness, therefore, consists not in self-seeking, but rendering cheerful service to the needy in the name of Christ.

III. The intolerance of Selfishness (vv. 38-41).

1. John's guilty conscience (v. 38).

In the light of the teaching of Jesus, John was a little disturbed over having "forbid" a worker for Christ who did not follow after him. Doubtless this intolerance was in part due to jealousy for Christ, but also a selfish ambition. Many times Christians mistake bigotry for zeal for Christ.

2. Whom to tolerate (vv. 39-41).

(1) Those who are casting out devils (v. 39). We should really satisfy ourselves that supernatural works are being done. Are demons being cast out? However, this is not final, as there is a supernatural work not of God.

(2) Those who are not doing this work in Christ's name (v. 41). Any worker going forth in the name of Christ, and for the glory of Christ, should be given Godspeed. If he is doing a good work, even though not in your way, or if not a member of your church or school, "forbid him not."

IV. The awful issue of Selfishness. (vv. 42-50).

Selfishness results in ruin to others (v. 42), and also to the individual (vv. 43, 45 and 47). In either case the issue is eternal torment in hell. Selfishness is opposed to God, and that which is opposed to God must be eternally separated from him. Self-renunciation should be so complete that we should be willing to abandon the most necessary and lawful things in life—hands, feet and eyes—when they become occasions for stumbling either to ourselves or to others.

QUIET NOW ALONG THE BRITISH FRONT

Germans, Baffled by Allied Resistance, Offer no Further Fighting in West.

AMERICANS DRIVE OUT HUNS

Attempt of Hindenburg to Pierce Lines Held by Sammies Fails—Retake Lost Ground.

Washington, April 22.—Just what the Germans are planning for the future on the long line northward from La Bassee to Ypres, where everywhere they have met during the last week with a stone wall of resistance, has not yet become apparent. No where have they thrown down the gauntlet and offered further battle against the staunch line that is facing them. They have, however, on numerous sectors carried out violent bombardments but in these they have been answered shot for shot. The only fighting in which the men of either side left their trenches was near Robecq, northwest of La Bassee, where Field Marshal Haig's men threw out the enemy from several advanced positions.

Evidences of the loss the Germans have sustained in the new offensive daily are becoming more apparent. In addition to the reports of the numerous dead which strew the battlefields, advices coming through Holland are to the effect that hospitals, monasteries, convents and schools in Belgium are filled to overflowing with wounded and that even private homes are being requisitioned for use as hospitals. Cattle cars in which hay is the only bedding are being used to transport maimed men from the battle front.

American Prisoners Escape.

In its weekly review of conditions at the front the war department relates the escape of American prisoners in this brief sentence:

"A number of men who had been taken prisoners by the enemy and were being conducted through No Man's Land turned upon their captors and were able to free themselves and make their way back to our lines."

Lost Ground Recaptured.

With the American Army in France, April 22.—After the heavy German attack of Saturday the American main positions remained intact and this morning, after a brief bombardment, the American troops attacked and drove the enemy out of the old outposts, which they had gained, thus breaking down an offensive which it is believed was intended as the beginning of a German plan to separate the Americans and French.

Lull in Big Battle.

Washington, April 20.—Over the battle fields of France and Flanders, where terrific struggles have been waged almost without intermission since March 21, there has come what appears to be a lull.

Official reports tell little of actual conditions. They say the situation is unchanged, which may indicate both sides are exhausted by their exertions in the engagements that have been fought or that they are busy bringing up artillery and fresh troops to renew the struggle.

Miserable Weather Reported.

Correspondents at the front tell of miserable weather—cold and rain and sleet—to add to the already known bad condition of the roads, which are virtually quagmires through which men and materials can be moved only with difficulty.

The opposing armies have been fighting in a flat, marshy country since April 9 and this ground, difficult enough under normal conditions, has been made still more nearly impassable by rains and the tempest of high explosive shells that has blasted roads and fields.

Did Not Repeat Thrust.

It appears, however, the Germans have not repeated their thrust along the line running north of Bethune, where they met with a sanguinary repulse Wednesday and Thursday. They employed about seventy-five thousand men along a line variously reported to be from six to ten miles in length, but gained little or no ground. The La Bassee Canal front is still in British hands and bridges flung across it by the Teutons have been swept away by the allied artillery fire.

The blow aimed by the French at the very apex of the German lines in Picardy, in front of Amiens, apparently has not been followed up. It is difficult to believe that the allied counter offensive, when it comes, will be launched in this sector. Advices from France would seem to indicate that the blow will be struck at another part of the battle line.

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It was a Kansas soldier boy who wrote home to his mother that he had so many blankets on his bed that he had to use a book mark to see where to get in.—Capper's Weekly.

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